



Interlaken Tourismus – February 2022 / chl

## Hello in Interlaken

Welcome to the Interlaken Holiday Region in the stunning mountain landscape around Lake Thun and Lake Brienz. Discover a vast array of accommodation options. Interlaken Tourism would be happy to compile your individual offer. Get more information at [www.interlaken.ch](http://www.interlaken.ch).

## Getting here

### By train

Trains run at half-hourly intervals from all large Swiss cities and airports, making travelling to Interlaken easy. There are superb connections from several European cities. Throughout Switzerland, you can profit from the Swiss Travel System with over 29,000 km of railway, boat and post bus routes.

[www.swisstravelsystem.com](http://www.swisstravelsystem.com)

### By car

An excellent road network connects Interlaken with Zurich, Geneva and Basel airports and all major European centres.

### By plane

The nearest international airports are Zurich and Geneva. There are European flights to and from Basel and Berne-Belp. After landing, you can reach Interlaken easily by public transport.

### Free public transport

Stay overnight and take advantage of the attractive Interlaken Holiday Region guest card. It entitles you to numerous discounts and is your travel ticket for the main local public transport routes. As an overnight visitor, you receive the guest card in return for the statutory visitor tax. Get yours from your accommodation provider or at your local tourist office. Find out more about the guest card here:

[interlaken.ch](http://interlaken.ch).





# Interlaken

## experience all of Switzerland in one place

Lakes Thun and Brienz shape the unique landscape nestled into the high-alpine world of the Eiger, Mönch and Jungfrau. Find adventure and relaxation in Interlaken.

Deep-blue Lake Thun sparkles like a sapphire to one side of Interlaken, turquoise-hued Lake Brienz shimmers like an emerald to the other. Take a cruise between gentle hillsides and steep mountain flanks and admire the picturesque shoreline villages and towns. Snow-capped peaks crown the spellbinding scenery like frosting atop a cake.

Catch a mountain railway and explore at higher altitudes. Marvel at the sweeping vistas from the terraces of mountain guesthouses and world-famous lookout points. Follow well-signposted and extensive hiking trails into the peace and quiet of nature.

Interlaken is Europe's number 1 destination for adventure sports, with scores of unforgettable adventures to be had in all seasons. Feel the adrenaline rush while skydiving, bungee jumping, canyoning or whitewater rafting. Train your fitness on a kayak tour or an outing on a stand-up paddleboard. Glide effortlessly through the air with a paraglider.

You will find water in its myriad facets in Interlaken: mirror-smooth lakes, burbling mountain streams, rushing waterfalls and fountains running with a constant supply of healthy, top-quality drinking water.





# Lake Thun

## lakeside castles and snow-capped mountains

Its deep blue hue makes Lake Thun sparkle like a sapphire. Along its shoreline you will find castles, bays, caves, excursion peaks and the charming city of Thun.

Thun is overlooked by its landmark white castle. Shops ranging from the traditional to the modern are located in the winding streets of the old town, which is bordered by the Bälliz shopping thoroughfare. On the edge of town, deep blue Lake Thun shimmers like a sapphire and affords incredible views of the Bernese Oberland.

Five castles stand sentinel around the lake. Each one is an individual masterpiece and a romantic testimony to bygone days. One of them is perched above Spiez Bay, the home of alpine wine-growing culture and venue of many events. Behind it, pyramid-like Mount Niesen towers over the lake. Travel to the summit with ease on the funicular railway. The panoramic views from here are as spectacular as those from its sister peaks Mount Stockhorn and Mount Niederhorn.

Pass the time in one of the numerous bistros and restaurants along the sun-kissed northern lakeshore. Relax and unwind at one of the fabulous spa facilities. Venture into the subterranean world of the St. Beatus Caves deep inside the mountain – a wonderful contrast to the many open yet beautifully secluded spots around Lake Thun.





# Lake Brienz

## sparkling waterfalls and steep mountainsides

Turquoise-hued Lake Brienz at the heart of the Bernese Oberland beckons in all seasons with memorable experiences on, in and around water. Marvel at the steep mountainsides rising up from the shore and explore the picture-pretty villages dotted around the lake. Dive into the many water-based activities or relax and unwind on a cold winter's day in a hot tub on the scenic lake promenade in Brienz.

Water takes centre stage when it comes to recreation. The untamed Giessbach Falls plunge down to join the tranquil waters of the lake. Criss-cross the lake at a sedate pace in a passenger cruiser or zoom over the water in a jetboat. If you prefer sports-based activities, try stand-up paddleboarding, canoeing and kayaking. The latter is a special treat in winter: thanks to thermal suits, you can explore the tranquil lake on a crisp winter's day without feeling the cold.

Traditional crafts are still a part of life around Lake Brienz. The woodcarving village of Brienz still has many professional artisans practising the craft. At the other end of the lake, in Bönigen, you can admire beautifully carved inscriptions and ornamental details on the facades of centuries-old houses.

Pretty Iseltwald and its scenic bay is sure to captivate you and in Ringgenberg, the tiny Burgseeli lake invites you to take a refreshing dip. Lake Hinterburgseeli is a true gem: tucked away in the mountains on Axalp high above Brienz, it is a hiker's paradise, as is the Brienzer Rothorn, where the vintage, steam-powered rack railway will take you to the peak at a leisurely pace.





# Wellness Destination Interlaken

The Interlaken Holiday Region is a proud holder of the Wellness Destination label. Relax and soak up stunning panoramic views of the unrivalled mountain and lake landscape.

Many excellent wellness facilities beckon around deep-blue Lake Thun and turquoise-hued Lake Brienz. Since 2019, the high-quality offering carries the Wellness Destination label awarded by the Swiss Tourism Association. Eight specialised wellness hotels and five further facilities are within easy reach and surrounded by local recreation areas, water, woodlands and green spaces.

Spend restful hours in a sauna, a whirlpool bath or in a relaxation area. Take some time out for a walk in the surrounding mountains or along a lakeshore. And that's not all: you will also benefit from high-quality medical care and established medical wellness offers in the Interlaken Holiday Region.

Pamper yourself with the treatment of your choice and experience all the Interlaken Wellness Destination has to offer!

## Interlaken – Relaxation in and with nature

**Environmentally friendly mobility and sustainable tourism are a top priority in Interlaken. Guests travel free of charge on the local public transport network.**

Interlaken is a proud holder of the Energy City label which promotes environmentally friendly, conscious tourism. Many accommodation providers are environmentally certified and guarantee guests a natural and sustainable stay. You will find regional and in-season produce on the menus of many local eateries.

The guest card gives you free travel on the public transport network in the Interlaken Holiday region. In winter, a ski bus will bring you to the ski slopes free of charge. Getting here on public transport is easy and inexpensive: trains run half-hourly to Interlaken from most Swiss cities and all Swiss airports.

Tailor-made experiences and activities promote awareness for the relationship between ecology, economy and society – find out surprising facts about the local culture and the unrivalled natural environment in and around Interlaken while wildlife watching, making cheese on an alp or at a craft demonstration by local artisans.

